


# East Boulder Recreation Center Lap Pool

## January



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30am										
6:00am	BAM 5:45-7:00 *2 lanes		BAM 5:45-7:00 *2 lanes		BAM 5:45-7:00 *2 lanes					
6:30am										
7:00am										
7:30am	BAM 7:00-8:00 *3 lanes		BAM 7:00-8:00 *3 lanes		BAM 7:00-8:00 *3 lanes	BAM 7:30-9:00 *2 lanes				
8:00am										
8:30am										
9:00am	Drop-in H <sub>2</sub> O Fitness 9:00-10:00 *5 lanes		Lap Swim 5:45-4:00		Drop-in H <sub>2</sub> O Fitness 9:00-10:00 *5 lanes	Lap Swim 5:45-4:00	Drop-in H <sub>2</sub> O Fitness 9:00-10:00 *5 lanes	Lessons 9:00-10:00 *7 lanes		
9:30am										
10:00am										
10:30am	Lap Swim 10:00-12:00	Lap Swim 10:00-12:00		Lap Swim 10:00-12:00	Lap Swim 10:00-12:00		10:00-11:00 *6 lanes	Lap Swim 9:00-7:00		
11:00am										
11:30am										
12:00pm										
12:30pm	BAM 12:00-1:00 *3 lanes	BAM 12:00-1:00 *3 lanes		BAM 12:00-1:00 *3 lanes	BAM 12:00-1:00 *3 lanes		EXPAND 11:00-12:00 *6 lanes			Lap Swim 12:00-5:30
1:00pm										
1:30pm										
2:00pm	Lap Swim 1:00-4:00	Lap Swim 1:00-4:00	Lap Swim 1:00-4:00	Lap Swim 1:00-4:00	Lap Swim 12:00-5:30					
2:30pm										
3:00pm										
3:30pm										
4:00pm										
4:30pm	Boulder Swim Team 4:00-6:00 *2 lanes	Boulder Swim Team 4:00-5:30 *2 lanes	Boulder Swim Team 4:00-6:00 *2 lanes	Boulder Swim Team 4:00-6:00 *2 lanes	Boulder Swim Team 4:00-6:00 *2 lanes					
5:00pm										
5:30pm										
6:00pm	6:00-6:30 *3 lanes	Lap Swim	6:00-6:30 *3 lanes	EXPAND 6:00-7:00 *3 lanes	Lap Swim 6:00-8:00					
6:30pm	Lap Swim 6:30-9:00	Lessons 6:30-7:15 *6 lanes	Lap Swim 6:30-9:00	Lap Swim 7:00-8:00						
7:00pm										
7:30pm										
8:00pm										
8:30pm										
9:00pm										





\*Indicates # of lap lanes available to public for lap swimming

\*\*\*POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME\*\*\*

For more information call 303-441-4400 or go to [www.boulderaquatics.org](http://www.boulderaquatics.org)